

Roasted Beef and Mushroom Soup—adapted from *Everyday Food*, October 2010

- 1 pound sirloin steak, cut into ½-inch pieces
- 1 pound cremini mushrooms, stems trimmed and caps halved or quartered depending on their size
- 2 shallots, coarsely chopped
- 2 Tablespoons olive oil
- Salt and freshly ground pepper to taste
- 4 cups beef broth
- ½ cup barley (quick-cooking, if you can find it, but pearled is fine, too. Just follow the instructions for how long to cook it) You can also use brown rice.
- Italian parsley, chopped

Preheat oven to 425° F.

Prepare a baking sheet by lining it with a silicone mat or parchment paper.

Toss beef cubes, mushrooms, and shallots with the olive oil. Season with salt and pepper then put in one layer on the prepared baking sheet.

Roast for about 30 minutes, until the mushrooms are browned.

While the mushrooms and beef roasts, put the beef broth in a large pot to heat. If you are using pearled barley or brown rice, add it now so that it is done when the mushrooms and beef are done. If you are using quick cooking barley, add it about 10-15 minutes before the mushrooms and beef are done.

Remove the mushrooms and beef from the oven and add them to the pot. Test to be sure the barley or rice is done and serve immediately, with chopped parsley as a garnish and thick slices of country bread.